

**ABSTRACT OF THE DISCLOSURE**

Disclosed herein are methods of promoting weight control in a companion animal comprising orally administering one or more non-glycerol derivatives of C<sub>17</sub> or greater fatty acids. Also disclosed are methods for promoting weight control in a human comprising orally administering non-glycerol derivatives of C<sub>17</sub> or greater fatty acids, wherein the fatty acid derivatives do not cause the human to reduce food consumption. Further disclosed are methods for promoting weight control in a human or companion animal comprising orally administering lotus leaf extract.

Further disclosed are dietary compositions for promoting weight control in a companion animal., wherein such compositions comprise one or more of the non-glycerol derivatives of C<sub>17</sub> or greater fatty acids and the lotus leaf extract.